



Vital health information in a minute

KEEP YOUR COOL IN WARM WEATHER

When temperatures and humidity rise, heat can contribute to serious health risks, such as dehydration, heat exhaustion and heatstroke. When exercising or working outdoors, you should be aware of the heat index and take protective steps to get through summer's hottest stretches safely.¹

Try these tips for staying safe in the sun.

- Drink water every 15–20 minutes, even if you don't feel thirsty.
- Grab a sports drink to replenish fluids and minerals lost through sweating.
- Limit beverages that contain caffeine, sugar or alcohol.
- Avoid strenuous activity, and rest as needed.
- Dress in light-colored, lightweight, loose-fitting clothing.
- Wear a hat with a brim or use an umbrella to reduce sun exposure.
- Slather on sunscreen with SPF 15 or higher.
- Plan your most strenuous activities early or late in the day if possible – before 10:00 am and after 6:00 pm.
- Seek shade whenever possible.



Stay cool and well hydrated after your workout or workday with a tall glass of water and a crisp, refreshing salad. Try this recipe for [Green Salad with Peaches, Feta & Mint Vinaigrette](#).

Source:

1. American Academy of Family Physicians. "Heat Exhaustion and Heatstroke." <https://familydoctor.org/condition/heat-exhaustion-heatstroke/> (last reviewed/updated March 27, 2019).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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